CUP AND PLATTER; OR, NOTES ON FOOD AND ITS EFFECTS

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Cup and Platter; Or, Notes on Food and Its Effects by George Overend Drewry & H. C. Bartlett

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GEORGE OVEREND DREWRY & H. C. BARTLETT

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Trieste

Henry G. Denny.

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OR,

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BY

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PREFACE.

THESE chapters contain in a condensed form the notes of a series of lectures which were given for the purpose of explaining in a simple manner the most important points in connection with this subject. It is worthy of note that the necessity for action in the matter was felt by the lecturers as the result of their daily observation on the two distinct classes of agents concerned in the processes of digestion and assimilation; namely, those in the body, termed digestive principles, and those outside the body, the various components of food. This was how an analyst whose daily business it is to examine foods, and a physician who devotes himself especially to the treatment of the stomach, from their two distinct fields of observation, were led to the same conclusion. From every logical deduction derived from the most practical experience, it became apparent that a more extended knowledge of this all-important subject must be unfolded to the minds of all classes, both for the successful treatment of diseases, and for the maintenance of health.

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CUP AND PLATTER:

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INTRODUCTION.

THE importance of an extended knowledge of the principles which regulate the processes of digestion and assimilation of food cannot be too highly estimated. It is the possession of this knowledge, and this alone, which can enable persons to discriminate between the good and bad in food, to select those foods which are suitable for the purposes required, and to reject those, unfortunately now so common, which are manufactured to secure large profits, altogether without regard to wholesome and judicious composition.

The first great principle which must be realised, is that the body itself, in all its various structures, is composed of different groupings of the same elements as exist in the several kinds of food. The